

Flag Football Rules

- Coin toss to decide who gets ball
- 25-minute game with running clock
- 25 sec play clock
- 1st delay of game = loss of down
- 2nd delay of game = turnover on downs
- Ball starts on goal line and stays in middle of the field
- 1 offensive coach on field - behind ball
- NO challenges
- NO defensive coaches on the field
- 4 downs to get a first down and then 4 to score
- Coaches given 1 sideline warning during play, 2nd will result in penalty of half distance to goal, 3rd you're gone!
- NO blocking - loss of down and return to previous spot
- Ball carrier is down when flag is pulled, offensive and defensive players are allowed to leave feet
- Offense must bring ball back or delay of game results in loss of down
- Defensive pass interference= 15-yard penalty and loss of down
- Holding = 10-yard penalty and repeatdown
- Offensive PI will result in return to previous spot and loss of down
- QB has 4 seconds to throw ball or play is over
- Interception results in immediate stoppage of the play and change in possession - spot of interception= spot of ball
- Game cannot end on defensive penalty
- 2 WR on and 2 off line of scrimmage
- Fighting will NOT be tolerated, and the game will be OVER if this occurs as well as player ejection
- Any game that ends in tiebreaker - home team calls toss (home team = winner at beginning)
- Winner picks offense or defense
- Each team gets one snap from center of field and whoever goes further wins - add 1 point to score, if no score -> redo!
- Offensive touchdown= 6 points
- Conversions = 1 point from 5-yard line, 2 points from 10-yard line
- We reserve the right to determine the call
- Championship Week – Per Division, top two teams ONLY play in Championship Game based on pool play record. If pool play results in a tie between more than 2 teams, total points scored during pool play will determine top 2 teams.



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